

Fall Sports Programs for the 2020-21 School Year
September-November
Bass Fishing, Cross Country, Field Hockey, Football, Golf,
Soccer, Spirit, Unified Soccer and Volleyball



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Background

The following guidance provides direction on fall school sports programs for students 9-12 as outlined by the National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA). At the center of the NHIAA's return to sports guidance is the State of New Hampshire's guidelines allowing amateur and youth sports to practice and return to competition this summer. These "Safer at Home Amateur and Youth Sports" guidelines were vetted and approved by the Governor's reopening task force and the New Hampshire Department of Health, and provided the foundation upon which the NHIAA's recommendations are based.

The NFHS has classified sports into risk levels, based on the ability to achieve physical distancing and the ability to limit the sharing of equipment or to clean equipment between use by competitors. The NHIAA reviewed this guidance and suggests the following categorization:

Lower risk: cross country (with staggered starts), track and field, swimming, golf, tennis, alpine skiing, nordic skiing (with staggered starts) and sideline/grounded spirit.

Moderate risk: volleyball, soccer, baseball, softball, ice hockey, field hockey, girls' lacrosse, gymnastics and bass fishing.

Higher risk: basketball, football, wrestling, aerial spirit and boys' lacrosse.

The New Hampshire Department of Health and Human Services (NH DHHS), with input from the NHIAA sport specific committee’s recommendations, NFHS guidance, and the NHIAA Sports Medicine Committee has developed the following Phased Approach to Opening Sports:

Phase	Phase One	Phase Two	Phase Three
Types of Activities	<p>Limited to outdoor small group/team training classes and sessions. No competition or contact sports activities allowed.</p> <p>Released by the State of New Hampshire May 18, 2020.</p>	<p>Limited to outdoor team sporting events and practices. Team sporting events (competitive scrimmages, games) only allowed for low physical contact sports. Phase 2 expanded group training sessions and practices and the reopening of indoor recreational facilities. Released by State of New Hampshire June 11, 2020</p> <p>Guidelines for indoor health and fitness centers were released June 18, 2020.</p>	<p>Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. This applies to all sports at all three risk levels and includes all NHIAA sports.</p> <p>Released by the State of New Hampshire July 17, 2020.</p>

ConVal Athletics -- Fall 2020

Practices and Scrimmages

1. School-based fall sports programs may initiate coach-led practice sessions (e.g., skills and drills work) and intrasquad scrimmages by cohort no earlier than the first day of academic instruction.
2. Athletes and coaches shall agree to abide by any and all guidelines as established by the State and school district.
3. Practices and workouts will be conducted in the student-athletes' assigned cohort. Rosters shall remain the same from session to session. No mixing of cohorts will be permitted.
4. All staff and athletes should bring to sporting events and wear reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when physical distancing is not possible.
5. Coaches will ensure social distancing and guidelines will be followed.
6. Athletes must provide their own water bottles. No food will be provided before, during or after activity.
7. A written plan by coaches should be on file with the Athletic Director outlining training session activities.
8. No bystanders or spectators will be allowed at any session.
9. This plan will be evaluated on the following dates September 25, 2020, October 15, 2020 and November 1, 2020 or sooner if COVID cases increase in our region.

Competitions

If permitted under the NHIAA Reopening Sports Guidance document (see below), school-based fall sports programs may initiate interscholastic games, meets and competitions when New Hampshire schools reach Phase III.

ConVal High School will begin the fall season in Phase I. Once the coach determines his or her team is physically conditioned, the team may move on to Phase II. The decision to move to Phase III will be determined by the ConVal School Board.

Different Plans Based on Risk Assessment

The risk associated with different types of sports programs is a function of the degree of contact between participants and the type of setting or venue in which the contest is held. The NFHS recommendations reflect these differences and create a framework that appropriately limits risk.

Sports Involving Lower risk

Cross country running, golf, non-aerial spirit team may hold team practice sessions and interscholastic meets/competitions. A meet may involve multiple groupings through the day if the groups do not interact with one another. It is recommended that meet organizers consider using staggered starts and departures.

Sports Involving Moderate risk

Soccer, field hockey, volleyball and bass fishing may hold team practice sessions, intrasquad scrimmages within our school program/cohort and, if moved to Phase III, interscholastic games.

Sports Involving High Contact

Football may hold practice sessions limited to no and low contact physical conditioning and skill building drills. Full contact scrimmages and games will not be allowed during the Fall 2020 season. Low contact alternatives, such as: a regional NFL style combine competition, intrasquad 7-on-7 football, or regional interscholastic play approved by the ConVal School Board, may be an option in the future.

Guidance for Winter Sports

Guidelines for school-based winter sports programs will be published by October 5, 2020.